



Commanding Officer
LtCol Calvert L Worth

Executive Officer
Maj M Heath Henderson

Sergeant Major
SgtMaj Charlie D Stanford

1st Battalion 6th Marines Family Newsletter

Happy New Year!

VOLUME 3, ISSUE 1

JANUARY 2010

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Picture: Marines dig pits, which will serve as their living spaces, and fill sandbags at Observation Post Huskers in Helmand province. (LCpl James Clark, Jan 2010)

A Word from the Battalion Commander

Friends and Families of 1/6
HARD,

I hope you had a Merry Christmas and Happy New Year (or at least as Merry and Happy as you can be while your loved ones are deployed)! The Marines and Sailors of 1/6 HARD continue to perform exceptionally well. In the past month we have successfully received all our personnel and equipment here in Afghanistan. It has been an extremely busy beginning to the deployment, and over Christmas and New Years we found ourselves spread across several different locations in the country as we gradually flowed into our final reception site.

We have kept ourselves busy training and planning for future operations, while concurrently receiving a contingent of 250 soldiers of the Afghan National Army (ANA). These Afghan soldiers have been welcomed into the battalion and integrated into four of our Companies. Working with foreign militaries always requires cultural adjustments, but it is motivating to see our Marines and Sailors working and training alongside our Afghan brothers. The other day I even saw some Marines of Company A teaching their counterparts how to throw a football!

Operations have recently commenced, and your Marines and Sailors are already performing like the sturdy professionals they are. They are well-trained and accomplishing their mission on a daily basis. They understand their mission and how important it is to not only the Afghan people but also our nation and its security. At times like these it is important for me to reiterate my deepest appreciation for your sacrifices and support. The mail, care packages, and MotoMail you have been sending is a significant morale boost to your loved ones. Knowing that you are thinking of them and praying for them helps them endure the physical and mental challenges they face on a daily basis. Thank you for your continued support! We cannot accomplish the mission without you.

Your Family Readiness Officer, Mrs. Renea Lewis, and Remain-Behind Staff Noncommissioned Officer, Staff Sergeant Tilley, are doing a great job passing on your concerns to me. Please continue to engage them on any questions or issues. They are there to assist you and are dedicated to doing so. Hopefully in the near future I will be able to set up a conference call with the Family Readiness Assistants so I can hear your concerns directly.

Until then, thank you again for all you do and put up with, and I share your pride in your dedicated Marine or Sailor.

Semper Fidelis,

LtCol Worth
Commanding Officer, 1/6



Headquarters & Service Company

Hello from Afghanistan!

Your Marines and Sailors have been hard at work for the past month preparing the Battalion for operations. All of the battalion's personnel and equipment have been packed up, shipped out, received, accounted for, and checked for serviceability by the Marines and Sailors of H&S Company. Typically a battalion will fall-in on equipment already in country and just move people and personal items. We had the opportunity to move over an entire battalion's worth of equipment. Naturally, the bulk of this work fell on H&S Company and they performed splendidly.

As the battalion begins to operate, H&S Company will find itself spread out across the country. Wherever there is a line company, you will find a Marine or Sailor of H&S Company right there supporting them. Additionally, we are located with Battalion Headquarters and we also serve as a liaison throughout important areas in Afghanistan. No other company is spread out more and no other company is more essential to the proper functioning of this battalion. During operations, the battalion works twenty-four hours a day, seven days a week. To support this schedule, most sections of H&S adopt a shift schedule.

We are spread out across the Province and are doing well providing support. Some Marines and Sailors will remain at very large bases with ample amenities. Others will be living in the most primitive of environments for sustained periods of time. Every Marine and Sailor I have spoken to is focused on doing his job and is enthusiastic about accomplishing the mission regardless of the circumstances.

Please know that we are always thinking of our families and we sincerely appreciate all the support, care, and love that you continue to give us. I feel I speak for all the Marines and Sailors of H&S Company when I say that we truly appreciate everything you do for us.

The following Marines/Sailors were promoted in January 2010:

GySgt Campbell, C.J.
Sgt An, J.H.
Sgt Lee, S.C.
Cpl Craven, M.J.
Cpl Powell, Z.D.
Cpl Reed Jr, J.P.
Cpl OrtegaCortez, J.A.
PO3 Justice, K.D.

As always, it is my pleasure to serve with your Marines and Sailors.

Semper Fi,
Capt Easter



Alpha Company Marines and Afghan National Army soldiers take cover behind a wall in Helmand province, Afghanistan. (LCpl James Clark, Jan 2010)

Alpha Company

Family and Friends of Apache Company,

I hope that everything is well with you at home. The Marines and Sailors of Apache Company are doing fine. They are doing a great job, and we have definitely molded into a great team. We have been on numerous patrols within our designated area, and have accomplished many things in regards

to our mission and the people of Afghanistan. Continue to keep up with the letter writing and care packages, because they really make a difference out here and keep our spirits up. I will pass the same message to the Marines and Sailors about writing letters home, because I am sure it brings your spirits up as well. Please keep us in your prayers, as we are doing the same here for you.

Alpha Company Marines promoted in January will appear in next month's edition.

Semper Fidelis,
Capt Havens

Bravo Company

Dear Families and Friends of Bravo Company,

Happy New Year from the Helmand Province, Afghanistan. After a couple of weeks of travel, welcome aboard briefs, and training; we are finally settled at Camp Dwyer. The Company has gone through a few changes. Most significantly, we welcomed some new members...our Afghan National Army counterparts. These soldiers are motivated and working hard. They are all very excited to be working alongside United States Marines, and many of them have gotten Marine regulation haircuts and adjusted their gear to mimic a Marine.

The Company conducted basic training for our Afghan counterparts to develop their skills and give the Marines a chance to work with the ANA. The training package started out as many of our own training packages: a simple range to ensure their weapons were shooting where they were pointed at, or a battle sight zero (BZO). Following the confirmation of the BZO, the Marines trained the ANA in shooting drills. The following days of training took the ANA individually and trained them to work in teams of two (buddy teams) and teams of four (fire teams). Once this

training was complete, the ANA were integrated into our own squads and platoons. The Marines have shown unmatched maturity and patience during this process and their hard work is paying off.

Furthermore, we continue to recognize Marines for their efforts. Over the last month, we have recognized and promoted three Marines. Third platoon's Lance Corporal Spadacinni was promoted; Sergeant Agabi is having a great month, he picked up the rank of Sergeant and welcomed a new son into the family, and Corporal Carver, one of the Company's strongest mortar men, picked up the rank of Corporal.

Additionally, the Company has a new name. After going through several possible replacements (to include Blue Falcon and Bearclaw), we have settled on Black Iron. This was not without a fight. Our Company First Sergeant, First Sergeant Pompos found the call sign fitting and wanted to keep the BearClaw title. After careful deliberation and a vote, we decided that a doughnut did not properly represent the Company's identity and we became BlackIron. While not historically significant, we are pleased with the image

it portrays.

As we continue to train for our upcoming missions, the Marines will face long days and hard work. We are using every minute we can to train ourselves and our ANA counterparts. Many times we start before the sun rises and ends after the sun sets. The Marines in the Company relax in their down time reading the letters and opening the boxes sent from home. It is hard to explain the feeling of receiving mail but few things lift morale more than a letter or box from friends, family, and loved ones. So thank you for your support and keep sending. In closing, thank you again for your support, the Marines and Sailors couldn't accomplish the mission without it.

The following Marines were promoted in January 2010:

Sgt Agabi, M.
Cpl Carver, A.
Lpl Spadacinni, C.

Sincerely,
Capt Sparks

Charlie Company

The Marines of Cold Steel would like to wish everyone a Happy New Year. We celebrated the New Year by conducting a night shoot, which allowed the Marines to sustain their proficiency in employing their night vision devices. Throughout the last couple of weeks, the company has conducted significant training at both the platoon and squad level. This training has consisted of bridging operations, individual marksmanship training, and supported platoon attacks.

We are currently partnered with soldiers from the Afghanistan National Army, which has provided the Marines of Cold Steel a unique opportunity. Understanding their culture was our first goal. Since then, we have provided them instruction conducting combat operations and weapons employment. Specifically, the Marines have taught them how to patrol, how to maneuver while providing a support by fire, and how to integrate into a Marine rifle

platoon. The Marines have embraced this challenge and have accepted the Afghan Soldiers as their own.

The following Marines were promoted in January 2010:

SSgt Lightfoot, D.
SSgt Murray, D.
Sgt Workman, B.
Cpl Smith, C.

Semper Fi,
Capt Lucero

"The bonds that your Marines and Sailors make with these ANA will be the legacy of our success as a company and a battalion, ensuring that the people and government of Afghanistan are capable of securing their own nation."

Weapons Company

Dear Families and Friends of Weapons Company,

Happy New Year from all of us here in Afghanistan! Although the past month has been marked by long days and hard work for your Marines and Sailors, the weeks have flown by. Nearly immediately upon arriving in Afghanistan the Marines began training in Helmand Province. We learned new means of defeating improvised explosive devices, received operator training on mine resistant vehicles, and ensured our weapons were functioning properly.

Christmas Day was celebrated on the flight line, as we awaited air movement to another base in Helmand Province. Santa Claus, of course, made his rounds in an armored HMMWV and was greeted by the 81mm Mortar Platoon's rendition of the 12 Days of Christmas. Needless to say, and luckily for the battalion, the platoon can sling mortars far better than it can sing Christmas classics.

As we continued to plan, rehearse, and prepare for counter-insurgency operations, some of your Marines and

Sailors began a partnership with the Afghan National Army. CAAT 2 Marines began training ANA soldiers how to shoot, move, communicate, and save. The bonds that your Marines and Sailors make with these ANA will be the legacy of our success as a company and a battalion, ensuring that the people and government of Afghanistan are capable of securing their own nation.

Furthermore, as Weapons Company prepares to go forward, I want to thank you for all your support back home. The constant care packages, letters, and MotoMail have a very positive and obvious affect on the Marines/Sailors. Finally, thank you for the daily sacrifice you make in the absence of your loved one, and understand that the tasks they will undertake throughout this deployment will be trying on the mind and body, requiring your continued love and support.

January Promotions for Weapons Company will appear in next month's edition.

Sincerely,

Captain Zinni



Snipers attached to Alpha Company, 1st Battalion, 6th Marine Regiment take aim at insurgents during a firefight in Helmand province, Afghanistan. (LCpl James Clark, Jan 2010)

Deployed Mailing Addresses

ALPHA CO

Rank LName, FName
1/6 A CO, PLATOON
UNIT 73160
FPO AE 09372-3160

BRAVO CO

Rank LName, FName
1/6 B CO, PLATOON
UNIT 73135
FPO AE 09372-3135

CHARLIE CO

Rank LName, FName
1/6 C CO, PLATOON
UNIT 73140
FPO AE 09372-3140

HQ & SERVICE CO

Rank LName, FName
1/6 HQ SVC CO, PLATOON
UNIT 73150
FPO AE 09372-3150
(Attached personnel are H&S!)
(ARTY note below)

WEAPONS CO

Rank LName, FName
1/6 WPNS CO, PLATOON
UNIT 73145
FPO AE 09372-3145
(ARTY you are part of Wpns CO!)

FOR MOTOMAIL USE:

FPO AE 09510-_____



*A radioman with Alpha Company takes a moment to rest during a patrol in Helmand province, Afghanistan.
(LCpl James Clark, Jan 2010)*



Marines mounted in mine-resistant ambush-protected vehicles point their weapons outboard towards the outpost's walls. (LCpl James Clark, Jan 2010)

Chaplain's Corner:

Happy New Year from Afghanistan!

I hope that everyone back home is making the most of this time apart. As hard as separation can be, it can be a time of growing and reflection. We see many in the Bible who went away into the desert for a time: Moses, Elijah, Jesus and Paul, to name a few.

In one of Dr. Seuss' memorable stories he tells of a character named Zode that describes so many of us and our inability to choose. The Seuss story reads, "Did I ever tell you about the young Zode? Who came to a sign at the fork of the road. He looked one way and the other way too. The Zode had to make up his mind what to do. Well, the Zode scratched his head and his chin, and his pants. And he said to himself, 'I'll be taking a chance. If I go to Place One, that place may be hot. So how will I know if I like it or not.

On the other hand, though, I'll feel such a fool. If I go to Place Two and find it's too cool. In that case I may catch a chill and turn blue. So Place One may be best and not Place Two. Play safe," cried the Zode, "I'll play safe, I'm no dunce. I'll simply start off to both places at once. And that's how the Zode who would not take a chance. Zode went no place at all with a split in his pants."

What about you? Which way do you choose? I hope you will choose to use this time as a growing time trusting God to get you through it. Do not split your choices and end up like the Zode...not knowing where to go. God directs us in the right path especially during this challenging time of separation from the ones we love. I pray that God will bless each one of us during this time.

Chaps

Parent's Corner:

As many of our parents can readily attest, deployments are just tough to go through. For some Marines/Sailors this is their third deployment and each time they depart a piece of your heart departs with them. I don't think they ever get easier, but your Family Readiness Team is working hard to ensure all of our parents and family members are included in our 1/6 Family! Our goals are to keep you informed and to assist you with any concerns you may have. Please continue to share my name, phone number and email address with other parents so they can be connected too.

Next, we want to remind you that you will never receive official notification about the condition of your Marine or Sailor over the phone from your Family Readiness Team or via the Mass Communication Tool (MCT) notification. Your Family Readiness Team is not involved in the notification process. Thus, if you see my phone number or get a message from MCT, do not panic! We are only providing you an update on information regarding the battalion as a whole. Feel free to e-mail or call me if you have questions. Again, you will NEVER receive official notification from Family Readiness!!

Many of you have connected with 1/6 social sites and they can be very supportive. Our only request is that you remember Operational Security (OPSEC) applies at all

times. Please do not use full names and ranks, locations, addresses, discuss times or dates of events or upcoming actions and please refrain from discussing any type of troop movements whatsoever on social sites. I request your help and support in this endeavor and if someone posts this type of information, please ask them to kindly remove it from the site. Feel free to refer them directly to your FRO for more details or a more thorough explanation of OPSEC. It is truly to help ensure the overall safety of our troops. Thank you in advance for your support.

Parents, do you know that we have a Parent Representative who will gladly direct you to parent social sites and provide additional support? His name is Tom and he can be reached at TRBOK1@aol.com. Feel free to contact him directly or shoot me an email if you need his number and I will connect you. Tom's been through several deployments and can be a great reference point, not to mention an awesome source of support as well. Thanks Tom!

New Year's Resolutions

We received several inputs from our family members and would like share some of those responses with you. I

hope you are sticking to your personal resolutions. If not, try some of these listed below.

I Resolve To...

- Pay off debt
- Save money
- Begin each day saying "I trust You, Jesus"
- Lose weight before my Marine comes home
- Keep the lines of communication open
- Stay busy and be productive
- Find a church so that my family grows together
- Run a 5k
- Exercise 5 times a week
- Not to eat my way through this deployment
- Not listen to negative news about our brave Marines/Sailors
- Be more patient
- Think kindly of our fellow man (which can be difficult to do!)
- Start taking classes
- Apply for grad school
- Tithe more to our church
- Cut back on caffeine
- Find joys in the hard realities of life
- Pray for the safe return of every Marine/Sailor

Spouse's Corner:

Ladies, I just wanted to pass on a few tidbits of information! First I hope you are doing well and are into some type of routine. We want to keep you involved so we are planning monthly events for our ladies and for our families. We plan to have a battalion event, a girl's night out and a special 1/6 kids day event each month...at a minimum! Look for your Monthly Events listing early each month and mark your calendars so you can join us.

Many of you left or are traveling home to visit during this deployment. If you will be gone for an extended time, please call or shoot me an email to let me know that you are going away. We will be calling each of you to check on your wellbeing at least once a month. If you are not getting a phone call, however, please let me know. I may need to update your phone number in my files. Thanks much.

Mil MyPay: If you cannot access your Mil MyPay DFAS account, IPAC will print out a copy of your LES as long as you have a Power of Attorney (POA).

Taxes: A 6-month extension from the date of return is automatically granted to any military member who is deployed. No action needs to be taken at this time. Combat entitlements earned serve as notification to the IRS and nothing further needs to be done at this time. If you want to file your taxes anyway, we have a FREE Tax Office aboard Camp Lejeune. Please contact them at 910/451-3030

Car Insurance and Credit Cards: If your Marine/Sailor's car is parked for the deployment, consider notifying your insurance company that the car is not being driven (due to deployment) and

ask if they offer a reduction in rate for the car. Several companies will reduce the premium you pay, however, do not terminate your coverage! Similarly, several credit card companies may offer a reduced interest rate on a credit card if the Marine/Sailor is deployed. Contact Customer Service for the card you are holding and ask if the offer reduced interest rates during deployment. Also, most major cell phone companies offer a reduced rate to military members. Call Customer Service to ensure you are receiving the rate reduction.

FRO Corner:

The first month of deployment is complete and as we enter our second month, you may find that you are still a little anxious and unable to get a good night's sleep. Again these are normal outcomes of having your loved one deployed. To balance this out, try to establish a daily routine and eat a balanced diet, to include vegetables. If you are not already doing so, try schedule some time to exercise several days a week. Taking a walk, walking the dog, biking, yoga or palates may help decrease your anxiety and help you sleep better too. If you like to write, try keeping a journal. Sometimes writing down your thoughts will help to clear your mind and may put you more at ease. Stay active and as always, you are more than welcome to volunteer to join your Family Readiness Team!

1/6 Clubs!

Your Family Readiness Team looking for more ways to get our ladies together socially to offer support and combine interests and have fun at the same time. Several options were submitted: a) Book Club, b) drink of the month club, c) cooking class – basics club, d) Workout Club (Zumba was specifically mentioned) and e) GeoCaching Club (you'll need a compass!!)

As such, we would like to get started by beginning a 1/6 book club. But we need to know if anyone would be interested in joining in! We also need some book titles suggestions, locations where we can purchase the book and ideas as to where we can meet to discuss the book. If you would like to be a part of our book club, please contact the FRO and let us know your ideas.

Also, if you are interested in any of the above-mentioned clubs or a new club, call or e-mail the FRO.

You will find some support organizations that can assist you or your family members below:

Family Member Employment Assistance Program

Ladies, if any of you are looking for a job and need help writing a resume, marketing your skills, or want to improve on your keyboarding or basic computer abilities, the Family Member Employment Assistance Program Office located on TT (next to Charter Cable) offers free workshops for all military and family members. For more information call 910/451-3366 or 910/450-1676

Military One Source 800/342-9647,
www.Militaryonesource.com.
You name it, they can help!

Military & Family Life

Consultants: 910/546-1114 or 910/478-5039.

Provides support and literature for a myriad of family topics: potty training, communication, teen issues, anger management, deployment issues, stress management, etc.

Families OverComing Under Stress (FOCUS) Project:

910/450-0178 or 450-0175,
www.focusproject.org. FOCUS provides support to entire family units and helps children especially to be better able to confront and resolve their concerns and fears about deployment.

rl

Battalion Aid Station Tip: Burns & Scalds – Immerse burned area immediately in tap or cool water or apply clean, cool, moist towels. Do not use ice. Maintain treatment until pain or burning stops. For exposure to chemicals, flush skin with plenty of running water, but only cover exposed area with a clean bandage if the chemical has caused a burn. Do not break any blisters that may appear. Do not use ointments, greases, powders, etc. Get patient to the hospital as soon as possible if burns are extensive or severe.

"I believe that unarmed truth and unconditional love will have the final word in reality. This is why right, temporarily defeated is stronger than evil triumphant."

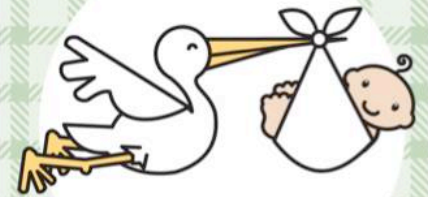
REV. DR. M. L. KING, JR.
NOBEL PEACE PRIZE
ACCEPTANCE SPEECH, 1964



*Now, color this Zode
and bring to your FRO,
And a loads of Zodes
to Afghanistan will go!*

(See Chaplain's Corner!)

*Welcome Aboard
Newborns!*



*Congratulations
Parents!*



**1st Battalion 6th Marine Regiment
Family Readiness Officer**

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Almond Mocha Cookie Bars

Servings: 3 dozen bars

Prep Time: 15 Minutes

Total Time: 45 Minutes

INGREDIENTS

Bars

1 cup slivered almonds
1 ½ cups firmly packed light brown sugar
2/3 cup shortening
3 tbsp instant coffee crystals
1 tbsp milk
1 tsp vanilla extract
½ tsp almond extract
2 large eggs
1 ½ cups all-purpose flour
1/3 cup unsweetened cocoa powder

½ tsp salt

¼ tsp baking soda

1 cup miniature semi-sweet
chocolate chips

Glaze

1 cup powdered sugar
1 tsp instant coffee crystals
1 tbsp hot water

DIRECTIONS

1. Heat oven to 350°F. Spray a 13 x 9-inch baking pan with no-stick cooking spray.
2. Spread almonds on baking sheet. Bake 7 to 10 minutes or until golden brown, stirring several times. Cool completely. Chop coarsely.
3. Combine brown sugar, shortening, coffee powder, coffee, vanilla and almond extract in large bowl; beat at medium speed until well blended. Add eggs; beat well.
4. Combine flour, cocoa, salt and baking soda in medium bowl. Add to shortening mixture; beat at low speed just until blended. Stir in chocolate chips and reserved almonds. Spread mixture evenly in prepared pan.
5. Bake 30 to 35 minutes or until set. Cool completely on wire rack. Cut into 2 x 1 1/2-inch bars.
6. Stir coffee and hot water until dissolved; let cool slightly. Combine powdered sugar and coffee in small bowl; stir until well blended. Add additional water, a little at a time, if frosting is too thick, or add additional powdered sugar, if frosting is too thin. Drizzle glaze over bars.